

# Hummus

**Prep time:** 20 minutes

**Makes:** 6 Servings

## Ingredients

**2 cups** garbanzo beans ((chickpeas) cooked)  
**2 cloves** garlic (minced)  
**1/4 cup** lemon juice  
**1 tablespoon** sesame tahini ((sesame paste) or substitute peanut butter for a sweet taste)  
**2 tablespoons** olive oil

## Directions

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

## Notes

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

Simple Healthy RecipesONIE Project - Oklahoma Nutrition Information and Education

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	157	
Total Fat	8 g	12%
Protein	6 g	
Carbohydrates	18 g	6%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	138 mg	6%

## MyPlate Food Groups

Vegetables	1/4 cup
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